

The latest news from the Outaouais Branch

A look back at the Annual General Meeting of the NAFR Outaouais Branch – Wednesday April 8, 2026

The Outaouais Branch would like to thank all its members who attended the Annual General Meeting (AGM), which took place on Wednesday, April 8, 2026, at the Cabane en bois rond. It also thanks its preferred partner, Dignité, for the complimentary breakfast, for the presentation delivered in French on the theme “**Héritage numérique : protéger ses comptes après la vie,**” and for the information booth set up to serve our members.

DOCUMENTATION - All documents for this meeting are available on our website.

BOARD OF DIRECTORS ELECTION – Three board members were re-elected for another two-year term. They are Lyne McMillan (Vice President), Alan Conway (Director, Advocacy), and René Caron (Treasurer). A new candidate, Larry Rousseau, was elected as a director and will also work on advocacy issues alongside Alan Conway. Result: A Board of Directors consisting of eight members, with three other positions remaining vacant.

2026 AWARD OF MERIT - The 2026 Award of Merit was presented to an exemplary volunteer, Jacques Lecompte. Our recipient has distinguished himself through his exceptional commitment to the ANRF Outaouais since 2017. Thanks to his expertise, he has led major initiatives in recruitment, volunteerism, governance, and communications, culminating in the creation of a unique integrated program, fully justifying the awarding of the 2026 Award of Merit.



Jacques Lecompte, recipient of the 2026 Award of Merit

To conclude the meeting, a raffle for four participation prizes was held, including a large gift basket donated by Dignité and three bottles of wine donated by the Branch.

Meeting with Two Federal Elected Officials



Our Branch President, Réal Fortin; the Honorable Steven MacKinnon; René Caron, Treasurer; Alan Conway, Director of Advocacy



Our Branch President, Réal Fortin; the Honorable Greg Fergus; René Caron, Treasurer; Alan Conway, Director of Advocacy

In March 2026, representatives from the Outaouais Branch met with two federal elected officials, the Honorable Steven MacKinnon and Greg Fergus.

The purpose of this meeting was to remind them of certain priorities of FSNA members, such as disparities between retirees and active public servants regarding dental coverage, the shortcomings of the Cúram System—which, in a future phase, will be the tool for disbursing pensions to public service retirees—and the services offered to veterans.

The elected officials welcomed our demands with an open mind and promised to work with us to ensure that our concerns are addressed.

Webinar on Osteoarthritis with Dr. Benoît Benoît – Wednesday, May 6, 2026

Your Outaouais branch is hosting a webinar with **Dr. Benoît Benoît** on “Understanding osteoarthritis, its impact on daily life, and solutions for better pain relief, maintaining mobility, and improving quality of life,” on **Wednesday, May 6, 2026, in French from 9:30 a.m. to 10:30 a.m. and in English from 11:00 a.m. to 12:00 p.m.**



Dr. Benoît Benoît is an orthopedic surgeon in Quebec specializing in the evaluation and treatment of hip and knee conditions, such as osteoarthritis, labral tears, and meniscal injuries. His practice focuses on providing solutions tailored to each patient, taking into account their condition, needs, and goals.

Come learn more about osteoarthritis, a common condition that can significantly impact pain, mobility, and independence. [Visit his website here.](#)

Date: Wednesday, May 6, 2026

Time: 9:30 a.m. to 10:30 a.m. in French, 11:00 a.m. to 12:00 p.m. in English

Registration: [Fill out the form here.](#)

Congratulations to the winners of the NAFR Outaouais Branch 2025 Christmas Banquet survey

Thank you to the many participants who responded to the survey! Your Outaouais Branch held the drawing for the Visa gift cards provided by Bélairdirect on Tuesday, March 3, 2026. Here are the winners:

First prize of \$100 - Diane Tremblay

Second prize of \$50- Daniel Ducharme

Third prize of \$50 - Sylvie Parisien



Diane Tremblay, first-prize winner, and Réal Fortin, president of the Outaouais Branch

New local preferred partner!

Your Outaouais Branch has entered into an agreement with a new local partner, **Chartwell Retirement Residences**, a locally-based company!



Chartwell is one of Canada's largest and most reputable owners and operators of retirement communities, proudly serving more than 25,000 seniors. Chartwell owns and operates more than 170 retirement communities across Canada, located in four major provinces: Ontario, Quebec, British Columbia, and Alberta. In the Outaouais region, Chartwell operates six retirement communities offering the following options: 55+ rental units, independent living, assisted living, and care units.

DISCOUNT: A discount equivalent to **one (1) month of free rent, plus 5 to 10 complimentary meals in the dining room** (depending on the unit type) during the first year of occupancy in **one of the six Chartwell residences in the Outaouais region.** This offer is:

- subject to unit availability
- subject to admission criteria, Chartwell's internal policies, and applicable regulations
- non-transferable, non-redeemable for cash, and cannot be combined with other offers
- the member must inform the Chartwell leasing advisor of their ANRF membership status

If you have any questions, please call the number listed on their [website](#) and follow their [Facebook page](#) for updates on events and other interesting information about Chartwell.

Contact Us

Do you have any questions, comments, or suggestions? Feel free to contact us at admin@anrf-outaouais.ca or by calling 819-776-4128. Visit our [Facebook page](#), our [website](#) and our [LinkedIn page](#).

Sincerely,

Réal Fortin

President, Outaouais Branch

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